

**Vidya Pratishthan's**  
**Dr. Cyrus Poonawalla School, CBSE Baramati**

**Annual Curriculum Planning**

**Subject: Physical Education**

**Class - 5th, 2026-27**

| Sr.No | Month     | Topic                   | Objective                                   | Teaching           | Teaching                               | Learning Outcomes                                                         |
|-------|-----------|-------------------------|---------------------------------------------|--------------------|----------------------------------------|---------------------------------------------------------------------------|
| 1     | April     | Throw Ball              | To develop basic throwing & catching skills | Demonstrate method | * Throwball, whistle                   | Improve physical fitness & confidence, physical development               |
|       |           | Skipping                | To improve cardiovascular fitness & stamina | Play-way method    | * Skipping rope, * whistle, cones      | Improve physical fitness & stamina                                        |
| 2     | June      | Jumping                 | To develop lower body strength              | Play-way method    | * Cones or markers                     | Improve leg strength & coordination                                       |
|       |           | Suryanamaskar           | To improve flexibility and body strength    | Demonstrate method | * Yoga mats, open space, * whistle     | Improve flexibility, strength & posture                                   |
| 3     | July      | Roll into the Goal      | To develop rolling accuracy                 | Demonstrate method | * Soft ball, * cones or markers        | Demonstrate better hand-eye coordination                                  |
|       |           | Running                 | To develop flexibility                      | Demonstrate method | * Playground                           | Improve physical fitness                                                  |
| 4     | August    | Dodge Ball (Four Court) | To develop agility & coordination           | Demonstrate method | * Soft ball, * whistle                 | Develop confidence in physical activity, improve coordination and balance |
|       |           | Parade                  | To develop discipline and obedience         | Demonstrate method | *Cones, drum, * playground             | Improve discipline and obedience                                          |
| 5     | September | Yoga                    | To develop balance and stability            | Demonstrate method | *Yoga mat                              | Develop positive attitude towards yoga                                    |
|       |           | Zone Passing            | To develop passing skills and accuracy      | Practice method    | *Softball, cones, whistle, *playground | Pass the ball accurately within zones                                     |
| 6     | October   | Gallary Pari            | To develop speed & agility                  | Demonstrate method | *Open playground, *cones, whistle      | Improve speed, agility and stamina                                        |
|       |           | Simple Net Game         | To improve hand-eye coordination            | Practice method    | *Net, ball, whistle                    | Throw or hit the ball over the net                                        |
|       |           | Height & Weight         | —                                           | —                  | —                                      | —                                                                         |
|       |           | Exam of P.E.            | —                                           | —                  | —                                      | —                                                                         |

|    |          |                    |                                          |                                                |                                               |                                          |
|----|----------|--------------------|------------------------------------------|------------------------------------------------|-----------------------------------------------|------------------------------------------|
| 7  | November | Catch Cricket      | To develop speed, agility & teamwork     | Demonstrate method                             | * Cricket, ball                               | Skill development & physical development |
|    |          | Rhythmic Activity  | To develop sense of rhythm & timing      | Demonstrate, Imitation, Practice method        | * Sound, open space                           | Physical, social development             |
| 8  | December | Kho-Kho (Standing) | To develop speed, teamwork & alertness   | Demonstrate method                             | *Playground or open space, cones              | Improve physical fitness & confidence    |
|    |          | Sevenstone-Le gori | To develop speed & coordination          | Play-way method                                | * Lagori, cones, whistle                      | Physical development                     |
| 9  | January  | Leg Cricket Run    | To develop skills, teamwork              | Stump, ball, whistle                           | * Soft ball or rubber ball, cones             | Students will develop outdoor games      |
|    |          | Let's Get Fit      | To improve overall physical fitness      | Practice method, Drill method, Play-way method | *Skipping mats, * whistle                     | Physical development                     |
| 10 | February | Standing Kho       | To develop speed, teamwork               | Play ground                                    | *Playground or open space                     | Improve physical fitness & confidence    |
|    |          | Throwing Relay     | To develop throwing skills and accuracy  | Drill method                                   | *Balls, cones                                 | Physical, social & cognitive skills      |
|    |          | Fun Relay Race     | To develop speed, teamwork, coordination | Group method                                   | *Balls Batton (Soft/ Tennis), *cones, whistle | Improve speed, balance & coordination    |
| 11 | March    | Height & Weight    | —                                        | —                                              | —                                             | —                                        |
|    |          | Exam of P.E.       | Exam                                     | Exam                                           | Exam                                          | Exam                                     |